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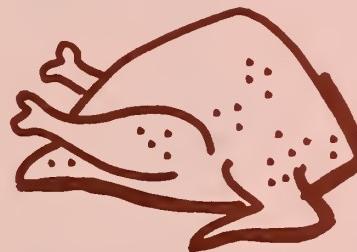


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POULTRY

a good choice for the thrifty family

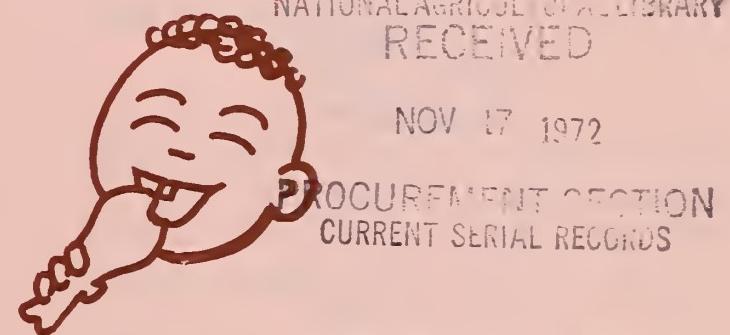


CHICKEN

Chicken cooks quickly

Chicken tastes yummy

Children love chicken



TURKEY

Turkey is good all year round--not just for holidays



HOW TO THAW FROZEN CHICKEN OR TURKEY

Keep poultry frozen until ready to thaw and cook.

Leave poultry in its watertight plastic wrapper or bag.

Thaw poultry just until neck and giblets can be removed from inside or legs move easily.

Let chicken or turkey thaw in one of these places:

- In Refrigerator.—Leave chicken or turkey in original plastic wrapper. Put on a tray or flat pan in refrigerator.

A small chicken takes about 12 hours to thaw, a large one takes about 1½ days.

A turkey less than 18 pounds takes 1 to 2 days to thaw, one over 18 pounds takes 2 to 3 days.

- In Cold Water.—Put poultry in watertight plastic bag in large pan of water. Change water often for quicker thawing.

Chicken may take only 1 hour. A large turkey will take 6 to 8 hours.

- In A Double Paper Bag In A Cool Place.—Leave chicken or turkey in original plastic wrapper. Put in a double paper bag and close tightly. Set on tray or in pan to catch drippings. Thawing takes about 1 hour per pound of chicken or turkey.

- Fluid milk made from nonfat dry milk may be used in these recipes.
- Use unsifted flour in these recipes.

HOW TO ROAST CHICKEN AND TURKEY

"Fryer" chickens as well as "roasting" chickens are good for roasting. Young turkeys are best for roasting.

Wash poultry and drain well.

Sprinkle inside with salt and pepper.

Fold neck skin over and fasten to back.

Put chicken or turkey, breast side up, in baking pan large enough to catch drippings.

Rub skin with fat or oil.

Roast until legs can be moved up and down easily and thigh meat feels soft. The time to roast is given in the list that follows.

To keep poultry from overbrowning, cover browned places with a thin, clean cloth moistened with fat or cover loosely with aluminum foil.

TO COOK GIBLETS

Wrap giblets tightly in foil and roast in pan beside the chicken or turkey; or cover giblets with water and cook slowly in a covered pan until tender.

FRIED CHICKEN

½ cup flour
1 teaspoon salt
Pepper, as you like
1 fryer chicken, cut in pieces
¼ cup fat

Mix flour, salt, and pepper. Dip chicken in flour mixture.

Heat fat in fry pan. Put chicken in pan and cook over medium heat about 20 minutes until browned on one side.

Turn and cook 25 to 40 minutes longer until chicken is browned on other side and is tender.

Makes 6 servings.

TIME TO ROAST CHICKEN AND TURKEY

Pounds ready-to-cook	Hours at 325° F
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CHICKEN

1½ to 2½ -----	1 to 2
2½ to 4½ -----	2 to 3½

TURKEY

6 to 8 -----	3 to 3½
8 to 12 -----	3½ to 4½
12 to 16 -----	4½ to 5½
16 to 20 -----	5½ to 6½
20 to 24 -----	6½ to 7

CHICKEN OR TURKEY GRAVY (MADE 2 WAYS)

1/4 cup flour
2 tablespoons fat (and browned pan drippings), if you like
2 cups water, chicken or turkey broth, or fluid milk
Salt and pepper, as you like
Cut-up cooked giblets, if you like

Method 1: Use when fat and no liquid is in pan.

Mix flour with fat and browned drippings in the chicken or turkey cooking pan.

Add water, broth, or milk slowly, stirring until smooth. Cook and stir until thickened. Add salt, pepper, and giblets (if used).

Makes about 2 cups gravy without giblets.

Method 2: Use when fat and liquid are in pan.

Use cold liquid.

Mix the flour with a little of the liquid until smooth. Mix in pan with rest of water, broth, or milk.

Cook and stir until thickened. Add salt, pepper, and giblets (if used).

Makes about 2 cups gravy without giblets.

CHICKEN OR TURKEY CASSEROLE

2 eggs
1 cup fluid milk
2 slices bread
1/4 green pepper
1 stalk celery
1 teaspoon salt
2 cups cut-up, cooked, or canned chicken or turkey

Beat eggs in large bowl. Add milk.

Tear bread in small pieces. Chop green pepper and celery.

Mix all ingredients in the bowl. Put in greased baking pan.

Bake at 350° F (moderate oven) about 30 minutes until browned.

Makes 6 servings, about 1/2 cup each.

STEWED CHICKEN

1 chicken
Water
1 teaspoon salt

Cut chicken in pieces or leave whole.

Put in pan. Add water to cover pieces or to half cover a whole chicken. Add salt.

Cover pan. Boil gently until meat is tender. A fryer chicken will take 45 minutes to 1 hour. A stewing chicken will take 1 1/2 to 2 1/2 hours.

Serve the chicken plain or use it in any recipe calling for cooked chicken or turkey.

STEWED TURKEY

Use recipe for Stewed Chicken. Use turkey wings or legs in place of chicken. Cook until tender. About 2 1/2 pounds turkey legs, or 3 1/2 pounds wings makes 6 servings.



BRUNSWICK STEW

1 stewed chicken (see Stewed Chicken recipe)
1 medium-size onion
2 tablespoons flour
2 cups cooked or canned tomatoes
2 cups cooked or canned lima beans, undrained
2 cups cooked or canned whole kernel corn, undrained
1 1/2 teaspoons salt
Pepper, as you like

Remove bones and cut chicken in pieces. Chop onion.

Mix the flour with a little of the liquid from the vegetables in a big pan until smooth.

Mix in rest of ingredients. Cook about 15 minutes to thicken and blend flavors, stirring to keep from sticking. Add a little water or chicken broth during cooking if mixture gets too thick.

Makes 6 servings, about 1 1/3 cups each.

CHICKEN OR TURKEY AND DUMPLINGS

$\frac{1}{2}$ cup flour
 $\frac{1}{3}$ cup water
1 quart (4 cups) chicken or turkey broth
3 cups cooked or canned chicken or turkey pieces
Salt and pepper, as you like
Dumpling Dough (recipe follows)

Mix flour with water in a large, wide pan to make a smooth mixture.

Slowly stir in broth. Cook and stir until thickened.

Add chicken or turkey, and salt and pepper. Cover and cook slowly while making dumplings. Stir once in awhile to keep from sticking.

Drop dumpling dough from spoon onto gently boiling mixture in pan to make 12 dumplings.

Cover pan tightly and cook slowly 15 minutes without lifting lid.

Makes 6 servings.

DUMPLING DOUGH. Mix 1 cup flour, $1\frac{1}{2}$ teaspoons baking powder and $\frac{1}{2}$ teaspoon salt. Add $\frac{1}{2}$ cup fluid milk and stir 18 times.

- Bouillon may be used in place of chicken broth in recipes. Mix 1 chicken bouillon cube and 1 cup hot water to make 1 cup bouillon.



CHICKEN OR TURKEY STUFFING

2 stalks celery
1 small onion
6 sprigs parsley, if you like
 $\frac{1}{4}$ cup fat (margarine, butter, or chicken fat)
4 cups soft bread crumbs
 $\frac{1}{2}$ teaspoon savory seasoning, sage, or poultry seasoning
 $\frac{1}{2}$ teaspoon salt
Pepper, as you like

Chop celery, onion, and parsley (if used). Put in pan with the fat and cook over medium heat until tender.

Put all ingredients together. Mix lightly.

Put in pan. Bake at 325° F (slow oven) about 1 hour until browned.

Makes 4 cups, about $\frac{2}{3}$ cup each.

Note: Add 2 or 3 tablespoons chicken broth or water, if you like moist stuffing.



CHICKEN OR TURKEY CHOWDER

1 small onion
3 tablespoons fat (margarine, butter, or chicken fat)
3 medium-size potatoes
2 large carrots
 $1\frac{1}{2}$ cups cut-up, cooked, or canned chicken or turkey
2 cups chicken or turkey broth
2 cups fluid milk
Salt and pepper, as you like

Chop onion and cook in fat in saucepan until tender.

Cut up potatoes and carrots. Put in the pan. Add chicken or turkey and broth.

Boil gently about 20 minutes until vegetables are tender.

Add milk, salt, and pepper. Heat but do not boil.

Makes 6 servings, about 1 cup each.